

Computers and Active Aging

COMPUTERS: PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised. *No class 10/17. Make up class on 10/14, 1:00pm-4:00pm.

Lander, Joel		Rodgers Senior Center Computer Lab			
4548.400	Adult	9/12 - 10/3	9:00am-12:00pm	Th	\$66
*4548.401	Adult	10/10 - 10/31	9:00am-12:00pm	Th	\$66
4548.402	Adult	11/7 - 12/5	9:00am-12:00pm	Th	\$66

COMPUTERS: WINDOWS 7

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the Start menu and taskbar. Understand the libraries and Accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, experiment, learn tricks, share and discover. Have fun! Advanced registration strongly advised. *October class is 10/10 and 10/23.

Lander, Joel		Rodgers Senior Center Computer Lab			
4585.400	Adult	9/12 - 9/19	2:00pm-5:00pm	Th	\$66
4585.401	Adult	10/10 - 10/23	2:00pm-5:00pm	Th W	\$66
4585.402	Adult	11/7 - 11/14	2:00pm-5:00pm	Th	\$66

CPR/FIRST AID/AED BASICS FOR SENIORS & CAREGIVERS

An interactive class where seniors, caregivers and family members can learn about the basics of CPR/First Aid/AED use for adults. Learn lifesaving techniques, bring your questions and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 material fee due at first class.

Ameduri, Megan		Rodgers Senior Center Hall C			
4828.400	13yrs to Adult	10/26	9:00am-1:00pm	Sa	\$45

DANCE: BALLET AND BALLET STRETCH FOR OLDER ADULTS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process. No class 11/11.

Huntington Academy of Dance		Rodgers Senior Center Hall D			
4494.400	Adult	9/9 - 10/14	12:30pm-1:30pm	M	\$49
4494.401	Adult	10/21 - 12/2	12:30pm-1:30pm	M	\$49

FITNESS: PILATES FOR SENIORS

Pilates is ideal for people over 50 because of its low-impact exercises. Benefits include: improved posture, strength, balance, along with an enhanced mind/body connection and total body awareness to reduce the risk of falls. This class will incorporate a chair for stability and flexibility exercises. No class 11/11, 11/28 and 11/29.

HB Pilates		Rodgers Senior Center Game Room			
4822.400	Adult	9/9 - 11/18	12:30pm-1:30pm	M	\$100
4822.401	Adult	12/2 - 12/16	12:30pm-1:30pm	M	\$36
4822.402	Adult	9/13 - 11/22	12:30pm-1:30pm	F	\$110
4822.403	Adult	12/6 - 12/20	12:30pm-1:30pm	F	\$36
4822.404	Adult	9/9 - 11/22	12:30pm-1:30pm	M F	\$190
4822.405	Adult	12/2 - 12/20	12:30pm-1:30pm	M F	\$62

Sports Programs

YOUTH SPORTS

The City of Huntington Beach Youth Sports Program stresses the importance of teaching young people not only the rules and strategies of games but important lessons about life as well. Positive youth sports programs help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. Coaches, spectators, families and participants are encouraged to be mindful that these programs are designed to develop the whole person, not just the athlete, and that sportsmanship is a required element of the City of Huntington Beach Youth Sports program.

FLAG FOOTBALL – JUNIOR (1ST - 2ND GRADES)

The City of Huntington Beach Junior Flag Football program for youth between the ages of 6 and 8 is a great way to start kids off with a fun and positive football experience. Participants will be taught the FUNdamentals of flag football along with sportsmanship and teamwork. The first three classes will be instruction based and the last three will be game based. All participants receive a HB recreation jersey and league awards. Huntington Beach youths sports programs – Have fun playing sports!

Recreation Staff		Edison & Murdy Community Centers			
7736.411	6yrs to 8yrs	9/28 - 11/2	9:00am-9:50am	Sa	\$55

FLAG FOOTBALL

The City of Huntington Beach youth flag football program for youth in grades 3 through 8 is a competitive league with an emphasis on having fun and learning the correct way to play football. League play is 11 weeks including evaluations, practice game, 6 league games and two weeks of championship tournament. All participants play at least half the game, receive a HB recreation jersey and league awards. Parent volunteer coaches are needed. Practice times to be determined depending on coach's schedule. Huntington Beach youths sports programs - Have fun playing sports! No games 11/9. Evaluations will be held at Edison Community Center on 9/7.

Recreation Staff		Edison & Murdy Community Centers			
7735.411	Grades 3-4	9/7 - 11/23	12:00pm-1:00pm	Sa	\$55
7735.413	Grades 5-6	9/7 - 11/23	10:30am-11:30am	Sa	\$55
7735.415	Grades 7-8	9/7 - 11/23	9:00am-10:00am	Sa	\$55

INDOOR COED VOLLEYBALL LEAGUE

The City of Huntington Beach indoor coed volleyball is a competitive league with an emphasis on having fun and learning the game of volleyball. Boy and girls between the 5th and 8th grades will be placed on teams for the 10 week season which includes two weeks of evaluations, a practice game with practices once a week, six league games and a city-wide championship tournament. All participants will receive an HB recreation jersey and league awards. Parent volunteer coaches are needed. Practice times to be determined depending on coach's schedule. Huntington Beach youth sports programs - Have fun playing sports! No games 11/9.

Recreation Staff		City Gym Gymnasium			
7737.411	Grades 5-6	9/11-11/16	11:30am-12:30pm	Sa	\$55
7737.412	Grades 7-8	9/11-11/16	10:00am-11:00am	Sa	\$55
7737.413	Grades 9-10	9/11-11/16	1:00pm-2:00pm	Sa	\$55

Parks & Recreation...
Promote Good Health

...The Benefits Are Endless

Sports Programs

ADULT SPORTS

ADULT SIX'S VOLLEYBALL LEAGUE

Winter, Spring, Summer & Fall Sessions

This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at 714-960-8884 or Rics Volleyball 714-375-5063.

Win Win, Promotions LLC

City Gym Gymnasium

7900.400 Adult 9/9 - 12/4 6:00pm-10:00pm M W \$250

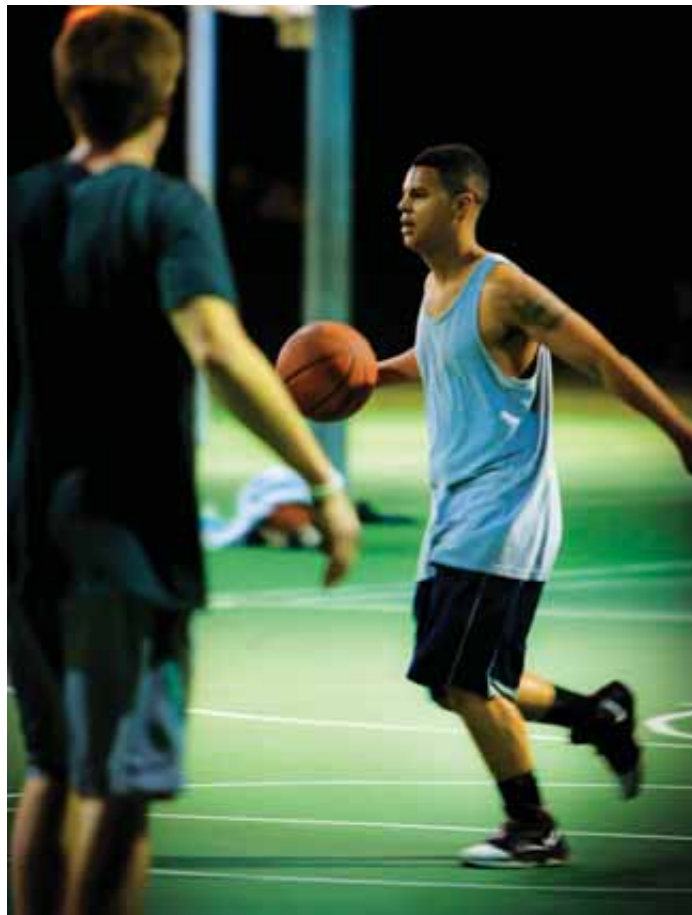
MEN'S ADULT RECREATIONAL BASKETBALL LEAGUE

Winter, Spring, Summer and Fall Sessions

Basketball leagues are played on Sundays and are arranged by the overall skill level of each team to ensure competitiveness. Leagues are height restricted - 6'0" and under and 6'5" and under (with a 1" allowance). Each team is also responsible for a \$30 game fee each week to cover two officials and a scorekeeper/statistician. The last two game fees are collected with the registration fee as a deposit against forfeits. For more information please go to hoopsunlimited.com or call the City Gym and Pool at 714-960-8884 for registration information.

Hoops Unlimited, Marty Walker

City Gym Gymnasium



ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Fall season will begin the week of August 19, 2013 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday, Thursday or Friday. Coed teams play Sunday, Wednesday, or Friday. Team registration costs are \$420 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Thursday nights at Murdy Park. If you are interested call: 714-523-2313. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15 per game official's fee.

Deadline for registration is Thursday, August 8, 2013. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Winter 2014 season will be available in November for the season starting in Mid-January, 2014.

7901.400 Adult 9/8 - 11/10 9:00am-5:30pm Su \$426



ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of September 9, 2013. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6 - including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call 71- 536-5486. The

first day of registration will be July 29, 2013. The deadline to turn in team registration to City Hall is August 30, 2013.

6 v 6 Men's Open League Monday Nights 7:00pm, 8:00pm, 9:00pm

6 v 6 Men's Rec League Tuesday Nights 7:00pm, 8:00pm, 9:00pm
28 & Over

6 v 6 Men's Open League Wednesday Nights 7:00pm, 8:00pm, 9:00pm

6 v 6 Coed Rec League Thursday Nights 7:00pm, 8:00pm, 9:00pm
28 & Over

6 v 6 Coed Open League Friday Nights 7:00pm, 8:00pm, 9:00pm

Registration information for the Winter 2014 season will be available in November for the season starting in Mid-January, 2014.

Parks & Recreation...

Promote Weight Loss

...The Benefits Are Endless